

Important tips for making the most of your self-hypnosis:

1. If you haven't already, get your audio set up. Both audios are designed to be used with headphones, so make sure you have a decent pair ready to go.
2. Pick a place where you'll be able to close your eyes and completely relax. Laying down or sitting in a supported position are both fine, as long as you don't fall asleep. Some people tend to fall asleep if they're laying down when they listen to hypnosis CDs. Your audios both use an active, participatory form of hypnosis, which means you have to stay awake in order to get the most out of them.
3. Make sure you won't be interrupted. If you live with anyone, tell them not to disturb you. Turn off your phone, put the cat out and whatever else you have to do to make sure you'll be able to concentrate. Make sure you'll be comfortable with the temperature as your body heat drops during your session. Some people like to cover their eyes with something to keep the light out.
4. Make sure you're not too caffeinated or wound up when you do your sessions. You want to be able to relax your mind and body. The more "wired" you are the less effective the hypnosis is likely

to be. I tried to do some self-hypnosis after a few cups of coffee several times. Ha! Bad idea.

5. Pick a time of day when you're not too tired and not too wound up. Everyone is different, so you'll have to figure out for yourself when the best time is for you. Some commonly productive times are mid-morning, after lunch, and early evening.
6. Because your audios use a participatory type of hypnosis and you don't want to fall asleep while listening, bedtime probably isn't the best time to do your sessions. Take it from me, there's a certain flavor of disappointment that comes from waking up in the middle of the night with your headphones wrapped around your neck and your affirmation card crumpled and collecting drool under your head!
7. Approach your sessions with an "anything goes" attitude. The processes in the audios are specific, but your mind probably won't always be able to keep a consistent focus and do everything exactly as described. Give it your best shot, and also give yourself permission to be sloppy, especially while you are learning the process and getting used to it! Let it be a fun and enjoyable experience regardless of how "perfectly" you do it. Trust the process.

Important tips for effectively using your affirmations:

1. Set up a quiet space where you can concentrate and focus on your affirmations. Commit to a specific amount of time. 10 minutes is OK. 15 minutes is great. 20 is better!
2. Put yourself in a relaxed state. Enjoy some deep breaths if it helps you relax.
3. Meditate on each card, one at a time. Treat your goal statements just like belief statements. Close your eyes and visualize your "VISUALIZE" cards to your heart's content.
4. Read it slowly, letting it sink in. Take your time.
5. Repeatedly say it to yourself in your mind with *conviction*...
6. Allow your mind to make associations, connections and images (or however you "visualize" whether it's visual or more of a "sensing" or "knowing") that support your affirmation.
7. Put your hand on your heart. Invite your heart to *feel* the message of what you are saying.
8. Blend the physical feeling with the words as you repeat each affirmation.
9. Enjoy the experience you're creating! Get into it! Revel in it! PLAY!
10. When you feel pretty solid with a progressive version, kick it up a notch toward being more absolute i.e. "I am getting healthier"

becomes "I am a healthy person."

11. Understand that you are planting and cultivating beautiful things in your garden. What you plant in the garden of your subconscious mind *will* grow. Use your affirmations with this intention and make your commitment independent of whether you notice results right away.
12. Start and end with your goal statement card (for using affirmations) so it's the first and the last card you see when you use them. Experiment with the ordering of the other cards.
13. Keep your deck simple and focused. Add to it if you want, but keep it relevant to the behavior you are working on. Keep your deck where you will see it and want to play with it.
14. Don't be surprised if you find yourself repeating them in your mind later, even when you're doing other things – especially your new behavior! (That's actually part of the point...)
15. Repeat the process daily for at least a week, maybe even for the length of a 30 day trial!
16. Keep them fresh and interesting. Work with variations of the beliefs you're cultivating and different ways of saying them. Trust your creativity and your intuition! PLAY!